



Barbara Johnson, a breast cancer survivor, and her husband, U.S. Senator Tim Johnson, in front of the U.S. Capitol building.

Cancer. It's a frightening word, and one of the most difficult experiences any family can encounter. No one is ever really ready to learn that they, or their loved one, have developed some form of cancer. Yet far too many families share in the same struggle we have faced.

We were fortunate. Early detection allowed better treatment options. Our family pulled together and supported each other, and we all shared in the struggle. In the end, we not only won the battle against cancer, but our family became even closer, and stronger than before.

We know that thousands of South Dakotans are undergoing treatment for breast cancer and other forms of cancer. For everyone who hears that dreaded diagnosis, there is a circle of friends and family members who share in their troubles and whose prayers, phone calls, and words of encouragement can make all the difference in the world.

Whether you are the patient, a family member or a concerned friend, there is plenty of information you need to know about cancer. We hope this brochure will be a good starting point.

— *Barbara and U.S. Senator Tim Johnson*

For More Information...

American Cancer Society

www.cancer.org

Offers specific information about different types of cancers. A special section for midwesterners provides information about resources available in South Dakota.

BreastCancer.net

www.breastcancer.net

Offers a newsletter which reviews current research.

Cancer Research Foundation of America

www.preventcancer.org

Provides information regarding the latest developments in cancer research, ongoing clinical trials, and other developments.

Cancerlinks.org

www.cancerlinks.org

Offers internet links to medical information, support groups and other online resources for all types of cancers.

Centers for Disease Control

www.cdc.gov/cancer

Allows you to keep track of cancer-related legislation being considered on both the federal and state level, as well as providing other health-related policy information.

Dr. Susan Love's Website For Women

www.susanlovemd.com

Breast cancer information, support groups, discussion of treatment alternatives, and more.

HealthFinder.gov

www.healthfinder.gov

Provides a library of reliable information on a variety of health-related topics

USD School of Medicine

<http://med.usd.edu/sdmed>

Provides information about health care systems, associations, and other resources available in our state.

National Women's Health Information Center

www.4woman.gov

Health information for women, covering a variety of topics.

Women's Cancer Network

www.wcn.org

Provides information about preventing, detecting, and treating cancers affecting women.

Here Are The Three Things You Need To Know About Cancer...

Presented by
U.S. Senator Tim Johnson
and
Barbara Johnson

Three Things You Need To Know About Cancer:

1 How To Prevent It When You Can.

Every day, the medical community is discovering new ways to reduce the odds that cancer will develop. However, the most effective prevention efforts begin with you.

Simple things, such as eating right, exercising regularly, and using sunblock when spending time outdoors can dramatically decrease the odds that you will ever develop cancer. If you smoke, talk to your doctor about a smoking cessation program.

Another important part of cancer prevention involves understanding your risk factors. Some people are more apt to develop some types of cancers, depending on their age, gender, overall health, and family history.

Harvard University's Center for Cancer Prevention has developed a free, online calculator that will help you determine whether you are at risk for developing various types of cancer. If the odds are great that you could develop certain kinds of cancers, their website will also offer suggestions for things you can do to lower your risk. www.yourcancerrisk.harvard.edu

2 How To Detect It When It Develops.

Even people who eat well, exercise, and take good care of themselves do occasionally develop some form of cancer. It is important that each and every one of us undergo routine medical exams and look for warning signs that something may be wrong.

The outlook for survival for people with cancer is greatly improved by early detection.

Cancers of the breast, colon, rectum, cervix, prostate, testicles, mouth, and skin can all be detected through self-examinations, physical examinations by a health professional, or through x-rays or routine laboratory tests.

3 How To Live With It When You Must.

A cancer diagnosis never comes at a convenient time in our busy lives. The diagnosis alone can be

overwhelming, and it is not until much later that many patients become ready to learn more about their cancer and the prescribed course of treatment.

There is plenty of good information available on the internet about most types of cancers, and online support groups can provide emotional support for patients as well as family members. On the back of this brochure, we have listed a couple of resources which should serve as a good starting point for anyone who wants to know more about cancer.

Dear Friends,

Modern medical advances have made it possible for cancer patients to undergo more effective treatment with fewer side effects than was available only a few years ago. The odds of a cancer patient surviving their illness have never been greater than they are today.

Many of the significant developments in cancer research begin at the National Institutes of Health (NIH). NIH serves as the federal government's health research specialists, offering developing technology and research grants that can be forged into medical miracles. The specialists at the NIH are at the very top of their professions, and they work with public universities, private companies and special foundations to coordinate research addressing a variety of health concerns.

In 1998, I cosponsored and secured passage of legislation that will double funding for NIH by the year 2003. Each year, I have spearheaded the effort to see that those funding increases take place, and I am committed to ensuring that important health care research continues to move forward as quickly as possible.

For every cancer statistic, there is a patient. For each cancer patient, there is a circle of friends and family, all of whom are also affected by cancer. As your Senator, I support funding for important research programs which can minimize the number of people affected by cancer and other diseases.

If you have questions concerning federally-sponsored health care research, or any other matter, please feel free to contact me.

Tim Johnson
United States Senator



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